

MAGNESIUM MALATE



Magnesium Malate is an essential mineral that is required by every cell in the human body and is important for helping to maintain normal cardiovascular, muscle, nerve, bone and cellular function.

Magnesium deficiency is one the most common nutrient deficiencies in the United States. No longer is there a sufficient amount of magnesium in most people's diet to maintain proper magnesium levels, even in a non-stressed individual. Magnesium requirements can increase four to six fold under stress. Under stress, magnesium is wasted through the kidney through the urine. It is also wasted from the body by the intake of coffee, soda, and alcohol.

A person mildly deficient in magnesium will have difficulty sleeping, sore muscles and constipation. A person moderately deficient in magnesium will experience muscle cramps, palpitations and muscle twitches. A person severely deficient in magnesium will develop fatal cardiac arrhythmias, coronary spasms and heart attacks. Also, the possibility of seizures is more likely during severe magnesium deficiency if the patient has an irritable focus in his or her brain.

Magnesium Malate is likely to be the most effective form of magnesium. Most alternative and integrative practitioners find a wide variation in the efficacy of different forms of magnesium. Magnesium Oxide has the lowest absorption and utilization rate by the body, and this is the form most commonly found in health food stores. Magnesium Malate is best absorbed and utilized by the body. According to many health care practitioners the cells utilize the malic acid for energy production in the mitochondria and simultaneously draw magnesium into the mitochondria, where it is most needed.

Most people in the United States are constipated because they have less than three bowel movements a day. Constipation causes toxins to back up into the liver and gall bladder and then into the rest of the body. This back up of toxins will cause fatigue, brain fog, muscle aches and a variety of other symptoms. Magnesium in sufficient amounts will correct constipation in most patients.

Patients who should be most concerned and cautious when taking magnesium are those with kidney insufficiency or failure.

